



Discover Vajrayana Buddhist practices for accumulating merit and purifying obscurations, enhancing inner peace, supporting healing, and deepening your spiritual journey.

Medicine Buddha Day

Guided Practice for Health and Longevity

For long life, physical and mental healing, and overcoming illnesses.

Dates: November 9, December 8, January 7

Guru Rinpoche Day (Second Buddha Day)

A Shower of Blessings: Guru Yoga Practice

Deepen your connection with Guru Rinpoche, invoke blessings to clear obstacles, fulfill life's goals, and move toward enlightenment.

Dates: November 11, December 10, January 9

Dakini Day

Guided Green Tara Practice

Invoke Green Tara for increased vitality, merit, inner strength, and the fulfillment of worldly and spiritual aspirations.

Dates: November 25, December 25, January 24

Special Notice

These chosen days, aligned with the lunar calendar, are believed to amplify positive actions, with merits increasing a hundred thousand times, as described in Buddhist scriptures.

Tsok Feast Offering

For Guru Rinpoche Day and Dakini Day, which include a Tsok Feast (Ganachakra) offering, please prepare a plate with edible offerings—such as food, snacks, or fruits—along with a drink like juice, to place on your shrine or table.

VENUE:

Zoom link provided upon signup. Sign up [here](#) or email at heartessence2024@gmail.com

TIME: 6:00 PM to 7:30 PM Eastern Time | 3:00 PM to 4:30 PM Pacific Time

These practices will be led by *Khenpo Namchak Dorji*

Donations

Any donation supports our teachers and the purpose of Luminous Heart Essence. **[[Donate here](#)]** Thank you!

